

Making Every Bite Count



Activity 2: Making Wise Choices.

Group Name: _____

| Which choice is healthier? | |
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| 1. Multi-Bran Chex or Coco Puffs Cereal? | |
| 2. White rice, baked potato or French fries? | |
| 3. Caesar or tossed green salad? | |
| 4. Baked chicken or broiled? | |
| 5. Butter, margarine or olive oil? | |
| 6. Fresh, frozen or canned peas? | |
| 7. Prime rib or flank steak? | |
| 8. White rice, fried rice or brown rice? | |
| 9. Birds Eye Mandarin Style Vegetables or frozen mixed vegetables? | |
| 10. Eggs Benedict or poached egg on an English Muffin? | |
| 11. Chicken breast or chicken thigh? | |
| 12. Lowfat coffee latte or Lipton Iced Tea? | |
| 13. Bertucci's Four Cheese Pizza or the Classic Pizza with zucchini, roasted eggplant and broccoli. | |
| 14. Ketchup or mayonnaise? | |
| 15. Cheese Ravioli (cheese filled ravioli in plum tomato sauce with fresh basil and Romano cheese) or Pasta Puttanesca (al dente trenette pasta tossed with spicy tomato sauce, garlic, capers and roasted black olives) | |
| 16. Baked apple or applesauce? | |
| 17. Chocolate mousse or chocolate pudding? | |
| 18. Hawaiian Punch or apple juice? | |
| 19. Candied or baked sweet potatoes? | |
| 20. Salmon or flounder? | |